

2011-12 Dublin Swim Team

Fall/Winter Program: September 12 – February/Mid March (ending date is determined by last competition)
If you have any questions, please contact Dave Kuck, at 614-410-4566 or dkuck@dublin.oh.us

The Dublin Community Swim Team Sea Dragons operates under the banner of USA Swimming. The Sea Dragon program runs year round with two major seasons. The fall and winter season runs 6 months, training at the DCRC and competing at local and occasional out-of-town weekend competitions. The spring and summer season runs 4-5 months, training both indoor and outdoor with both local and travel competitions available. The Sea Dragons is available to both new swim team members and experienced athletes ages 7-18 who have set goals for advancement in the sport of swimming. Our expectation is that swimmers know the fundamentals of the four competitive strokes before registering. Members of the team must live within the Dublin School District. Swimmers do not need a DCRC annual pass to participate. Placement is determined by ability and age.

Team fees are based on the training group and reflect both pool usage and coaching requirements. Team booster fees and USA Swimming membership fees are included in the initial registration cost. There are extra costs associated with participation in competitive events and the purchase of any team suits or gear. Meet fees are determined by the number of events participated in. Participation in competitions is required of all swimmers and meet schedules are provided.

Team Registration

If this is your first time joining the team, you are required to attend an evaluation session at the DCRC or obtain an accepted reference from your summer team coach. At the evaluations, the coach determines if each swimmer is “team ready” or if they need more personal and fundamental attention in swim lessons. Swimmers are able to reevaluate if needed. A referral or evaluation is required prior to registration as this determines eligibility and group placement. Evaluations will be held Sunday August 21, from 1-5 p.m., no appointment necessary.

To check to see if you meet the prerequisite for registration, follow the steps below:

Verify that you are in our online system. Go to <https://recreation.dublin.oh.us/>

Login using your home phone number and last name as instructed at the top of the Web page.

(Or login using your current User ID and Password)

Verify we have a record of your being on last year's team or passing an evaluation. Click on the “My Account” tab, and then click on “View My Shopping History”. Make sure that each returning swimmer is enrolled in at least one of the following activity numbers:

386999.21 386999.22 386999.23

Once you have confirmed you meet the prerequisite, you may register online for returning swimmers **on August 17 and new swimmers on August 23.**

Upon completion of the initial class registration, **ALL** swimmers must be registered with USA Swimming through the Sea Dragon website (dublinseadragons.org). This is our team's communication hub and a required step.

Groups are limited in their size and are closed when they reach capacity. Cancellations after October 1 will receive a refund, minus the \$10 processing and \$100 booster/USA registration fees. There are no refunds issued after Oct. 24.

Team member practice and competition

Our swim team programs are limited in size and open exclusively to Dublin City and School District residents. We have extensive waiting lists each season. There are no cuts or limits based on performance, and the team is open to all ability levels and anyone able to swim the four basic strokes. However, due to the high demand and limited space, participants are expected to participate fully in practices and local swim competitions.

Parent and Swimmer Meetings

We have parent and swimmer meetings for each training group. Meeting days and times are communicated to members directly, once they are registered through the dublinseadragons.org website. Meetings are a chance to meet the coaches, and to learn about practice and competition expectations and requirements.

Team Training Groups

The team is organized into several levels based on age, ability and commitment level. The City of Dublin's swim team offers several different training options to help fit swimmers into appropriate groups, all of which focus on progression and improvement.

Age Group 1 consists of swimmers ages 7-8. These swimmers are learning the sport and have a basic understanding of the four competitive strokes, but continue to focus on learning new and proper techniques for competitive swimming. The primary strokes worked on are freestyle and backstroke. Swimmers who have achieved national B times for 10 and Under are able to register in Age Group Elite after coordinating with the Head Coach. These time standards are posted at dublinseadragons.org under the times standards tab.

Practice times: Swimmers need to attend 3 of the listed times along with 1 dry land session each week (schedule available on-line).

Tuesday, 5:30 - 6:30 p.m.

Thursday, 7:45 - 8:45 a.m.

Saturday, 8 - 9 a.m.

Sunday, 1 - 2 p.m.

#486110.01 CR/SDR fee: \$400/\$440

includes Annual USA Swimming Membership and Booster Fee

Age Group 2 consists of swimmers ages 9-6th grade. These swimmers are still learning the sport and have an understanding of the strokes and continue to focus on learning proper techniques in addition to beginning aerobic training. Swimmers who have achieved national B times for 10 and Under are able to register in Age Group Elite after coordinating with the Head Coach. These time standards are posted at dublinseadragons.org under the times standards tab.

Practice times: Swimmers need to attend 3-4 of the listed times along with 1 dry land session each week (schedule available on-line).

Monday 7:45-8:45 am

Tuesday, 6:30 - 7:30 p.m.

Wednesday, 7:45 - 8:45 a.m.

Saturday, 9:00 - 10:30 a.m.

Sunday, 2 - 3 p.m.

#486111.01 CR/SDR fee: \$450/\$495

includes Annual USA Swimming Membership and Booster Fee

Age Group Elite consists of swimmers up to 6th grade. These swimmers are competitive within the sport and have an increased level of practice expectation and training intensity. The group goal for swimmers is advancement in the national times standards progression and participation in the Ohio Junior Olympics. All swimmers in this group should have achieved National B times for consideration in the Age Group Elite Group. These time standards are posted at dublinseadragons.org under the times standards tab.

Practice times: Swimmers need to attend 4-5 of the listed times along with 2 dry land sessions each week (schedule available on-line)

Monday, 5:30 - 7 p.m.

Wednesday, 5:30 - 7 p.m.

Thursday, 5:30 - 7 p.m.

Saturday, 10:30 a.m. - noon

Sunday, 3 - 4:30 p.m.

#486112.01 CR/SDR fee: \$550/\$605

includes Annual USA Swimming Membership and Booster Fee

Junior Group: The Junior groups are designed for strong swimmers and those individuals in 7th and 8th grade. Juniors are divided into different training groups based on ability and commitment level. Practices are designed around preparing for participation in high school swimming and participation in the Ohio Junior Olympics.

Practice times: Swimmers need to attend 5-6 of the listed times along with 2 dryland sessions each week (schedule available on-line)

Monday – Thursday, 7 - 9 p.m.

Saturday, Noon - 2 p.m.

Sunday, 4:30 - 6 p.m.

#486120.01 CR/SDR fee: \$650/\$715

includes Annual USA Swimming Membership and Booster Fee

Senior Group: Swimmers must be in high school. This group does performance-based swim training, dry land training and water polo. Swimmers must meet attendance expectations, are expected to compete for the team through the fall, and return following their high school season for the Ohio Senior Championships, Zone Sectionals, and Junior Nationals.

Practice times:

Monday – Friday, 3:30 - 6 p.m.

Saturday, 2 - 4 p.m.

#486130.01 CR/SDR fee: \$400/440

includes Annual USA Swimming Membership and Booster Fee